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What is claimed is:

- A mobile communication device for wearing on the wrist of the user comprising:
 - a planar body forming a housing in which the components of the mobile communication device are contained, said body further having a display screen mounted on an upper surface in operative connection to said components:

first and second side panels attached to said body by hinges to provide limited pivotal motion of said side panels with respect to said body, wherein said side panels are moveable between a first position in which said panels extend substantially in the plane of said body and a second position in which said panels extend downward transverse to the plane of said body;

- a flexible band connected to said first and second panels to hold the device on the wrist of the user;
 - a housing having a clasp integral therewith, said clasp connected to said flexible band to allow the device to be removably held on said wrist; and
 - a battery, forming the power supply for the device, mounted in said housing and connected to said device through said flexible band.

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- 2. A mobile communication device for wearing on the wrist of the user, as described in claim 1, further comprising a keypad connected to the components of the device and mounted on at least one of said side panels.
- A mobile communication device for wearing on the wrist of the user, as described in claim 1,
 wherein the device is transformable, when removed from the wrist, to form a rigid substantially planar unit.
 - 4. A mobile communication device for wearing on the wrist of the user, as described in claim 3, wherein, in the transformed position, said housing engages the side panels to force said panels into said first position and to rigidly hold said panels in said first position.
- 5. A mobile communication device for wearing on the wrist of the user, as described in claim 1, wherein said side panels have a lower surface and a user interface is mounted on said lower surface for use when the device is removed from the wrist and wherein said side panels are in the first position.
 - 6. A mobile telephone for wearing on the wrist of the user comprising:
- a planar body forming a housing in which the components of the mobile telephone are contained, said body further having a display screen mounted on an upper surface in operative connection to said components:

first and second side panels attached to said body by hinges to provide limited pivotal motion of said side panels with respect to said body, wherein said side panels are moveable between a first position in which said panels extend substantially in the plane of said body and a second position in which said panels extend downward transverse to the plane of said body;

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a flexible band connected to said first and second panels to hold said mobile telephone on the wrist of the user:

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a housing having a clasp integral therewith, said clasp connected to said flexible band to allow said mobile telephone to be removably held on said wrist; and

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a battery, forming the power supply for said mobile telephone, mounted in said housing and connected to said mobile telephone through said flexible band.

7. A mobile telephone for wearing on the wrist of the user, as described in claim 6, further comprising a communication keypad connected to the components of said mobile telephone and mounted on at least one of said side panels.

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8. A mobile telephone for wearing on the wrist of the user, as described in claim 6, wherein said mobile telephone is transformable, when removed from the wrist, to form a rigid substantially planar unit.

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- 9. A mobile telephone for wearing on the wrist of the user, as described in claim 8, wherein, in the transformed position, said housing engages the side panels to force said panels into said first position and to rigidly hold said panels in said first position.
- 10. A mobile telephone for wearing on the wrist
 10 of the user, as described in claim 6, wherein said
 side panels have a lower surface and a user interface,
 operatively connected to the components of said mobile
 telephone, is mounted on said lower surface for use
 when the device is removed from the wrist and wherein
 15 said side panels are in the first position.
 - 11. A mobile telephone for wearing on the wrist of the user, as described in claim 10, wherein said user interface comprises:
 - a microphone mounted on one of said side panels; and
- $\hbox{a speaker mounted on the other of said side} \\$ $\hbox{panels.}$